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FOCUSED ON OCD

Boston foundation marks 30 years of shedding light on obsessive compulsive disorder. 2

ISTOCK

3 things you need to know

MAN GETS 20 YEARS IN ATTEMPTED MURDER OF GEORGE ZIMMERMAN

1 A Florida man was sentenced to 20 years in prison on Monday, media reports said, for shooting at George Zimmerman, who had shot and killed the unarmed black teenager Trayvon Martin in 2012 in a case that garnered national attention. Matthew Apperson was convicted by a jury last month of second-degree attempted murder for firing at Zimmerman, 33, during a roadside confrontation in Lake Mary, Florida, in May 2015. A Sanford, Florida, jury had acquitted Zimmerman, a former neighborhood watchman, of murder in the fatal shooting of the 17-year-old Martin. The case sparked the Black Lives Matter activist movement that campaigns against violence toward black people. REUTERS

VP BIDEN TO REPORT ON CANCER MOONSHOT PROGRESS

2 Vice President Joseph Biden will release on Monday a report on the administration's Cancer Moonshot initiative designed to speed the development of new cancer drugs and diagnostics. The project, led by Biden, aims to double the speed of cancer research over five years by increasing collaboration between government and industry, simplifying clinical trials and fostering greater transparency in research. The $1 billion project was announced by President Barack Obama during his State of the Union address in January. Since then Biden, whose son Beau died last year at age 46 from brain cancer, has announced multiple investments and collaborations in support of the project. The report, prepared by a multiagency task force, summarizes the work completed so far and outlines a path forward over the next five years. REUTERS

RETIRED US GENERAL CHARGED WITH LYING TO FBI IN LEAK CASE

3 A retired Marine Corps general who last served as vice chairman of the Joint Chiefs of Staff has been charged with making false statements to the FBI during an investigation into leaks of classified information, according to a federal indictment released on Monday. Four-star Gen. James Cartwright was questioned by the Federal Bureau of Investigation in 2012 over a book written by New York Times reporter David Sanger, which exposed a malicious computer software program known as "Stuxnet" designed to disrupt Iran's nuclear program. Reuters and several other news outlets have previously reported that Stuxnet was developed jointly by U.S. and Israeli forces. Both the U.S. and Israel have never publicly admitted responsibility for Stuxnet. Stuxnet was a sophisticated computer virus deployed covertly in 2009 and 2010 to sabotaged Iran's nuclear program. REUTERS

METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to **www.metro.us/news-quiz** to submit your answers.

1. What is a Massachusetts Democrat who started a GoFundMe page planning to do with the money he raised?

2. What was the Patriots' record on Oct. 18 of last season?

3. Which type of fall squash has the most tender, edible skin?

Dr. Jeff Szymanski (left) and Ethan Smith at the Massachusetts State House for OCD Awareness Week. DEREK KOUYOUMJIAN/METRO

Foundation marks 30 years of building awareness of OCD

The average time between an OCD diagnoses and proper treatment is 14 to 17 years, says the foundation's director.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

When Ethan Smith was 14 years old, he constantly worried about getting sick and knew only one way to cope with that anxiety: He took his temperature 70 times a day.

Smith was diagnosed at that age with OCD — obsessive compulsive disorder. But he didn't receive proper treatment for his mental disorder until he was 31 years old, when he came to McLean Hospital's Obsessive Compulsive Disorder Institute.

"I lost 31 years of my life to some extent, so I really feel like I was reborn after [getting treatment] because living in the moment was completely foreign to me," he said. "When I got better, I felt like an alien. It's really strange, and it's still amazing."

Now 38, Smith returned to Boston on Friday as a spokesman for the International OCD Foundation, which is headquartered here. The IOCDF is celebrating its 30 years as an organization and just commemorated the end of OCD Awareness Week.

The IOCDF has made great strides for people with OCD in the last 30 years, but it still has a long way to go, said Executive Director Jeff Szymanski.

The IOCDF started in Connecticut where a group of people with OCD participated in one of the first studies about the disorder, Szymanski said. The foundation moved to Boston in 2008 to be closer to its vibrant medical community because the organization focuses on financing OCD research. (Although there is no cure for OCD, the compulsions can be managed.)

Though the foundation has made great strides in terms of growing OCD awareness — more than 1,600 people attended IOCDF's annual conference this year, four times as many as the first conference in 1993 — Szymanski said the mental health community still struggles with the diagnosis and how to treat it.

Smith was lucky that he was correctly diagnosed so early. More than 3 million adults live with OCD in the United States, but physicians misdiagnose patients 50 percent of the time and mental health professionals a third of the time, Szymanski said. It took Smith 17 years to receive proper treatment, and that's a common reality.

Szymanski said the average time between a diagnosis and proper care is between 14 to 17 years.

"Coming back to Boston and being able to speak in Boston, where I struggled so much, on a national stage, it's full circle and emotional, but it's also extremely gratifying."
Smith

"If you had cancer, who is waiting 14 to 17 years? It's not acceptable anywhere," he said. "Yet, it's the state of things with OCD."

Both Smith and Szymanski highlighted how OCD has been warped in the public's eye: It's not about being "neat" or liking things a certain way. It's a debilitating medical disability stemming from obsessive, anxious thoughts.

"When we're in our rituals, we don't want to be doing them," Smith said. "No one wants to wash their hands 100 times. We know it's irrational, but we believe we have to do it anyway."

After his diagnoses, Smith met with multiple therapists, but none of them had ever specialized in OCD treatment or were able to refer him to a specialist.

"What I mean by proper treatment is that a general psychologist is not equipped to treat OCD but roughly most of them think that they are," Smith said. "And attempting to treat OCD by doing psychotherapy, called talk therapy — well, what happened was it ultimately made my OCD worse and harder to treat in the future."

Szymanski worked as a clinical psychologist at McLean's OCD Institute before joining the foundation. He explained that while most therapists are trained in psychotherapy — where you talk through your issues and try to uncover how they may have started in your childhood — that's actually damaging for OCD patients.

Instead, professionals need to be trained in cognitive behavioral therapy, and specifically a subset of that called "exposure and response prevention." In that practice, those with OCD are forced to confront the very things giving them anxiety and prompt their obsessive thoughts. Instead of giving in to their compulsions to ease their anxiety, the patient is forced to sit with it.

For an expanded version of this story, go to metro.us.

Massachusetts Democrat raises money for firebombed GOP headquarters in North Carolina

A Brookline man started the GoFundMe, which surpassed its goal in less than 40 minutes.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

GETTY IMAGES

After a Republican Party office in North Carolina was firebombed last weekend, a Massachusetts Democrat crossed party lines to lend a hand.

David Weinberger, a senior researcher at Harvard University's Berkman Klein Center for Internet and Society and a Brookline resident, launched a GoFundMe page Sunday as a way for Democrats to raise cash to help the North Carolina GOP reopen its office.

"Until an investigation is undertaken, we cannot know who did this or why. No matter the result, this is not how Americans resolve their differences," Weinberger wrote on the page. "We talk, we argue, sometimes we march, and most of all, we vote. We do not resort to violence by individuals or by mobs."

The fundraiser collected more than $13,000 — passing its goal of $10,000 — in less than 40 minutes after it went public.

"Thank you all for showing that Americans are thirsty for civility and decency, and that we love our democracy above all our differences," an update on the page read.

The GOP headquarters in Orange County, North Carolina, was the target of an attack Saturday night in which someone threw flammable material through the front window. There was also spray-painted graffiti of a swastika and the words "Nazi Republicans leave town or else" on an nearby building, the town of Hillsborough said on its website.

"This highly disturbing act goes far beyond vandalizing property; it willfully threatens our community's safety via fire, and its hateful message undermines decency, respect and integrity in civic participation," Hillsborough Mayor Tom Stevens said on the website. "I believe I speak for the overwhelming majority of people who make Hillsborough their home: Acts like this have no place in our community."

Following the incident, Donald Trump tweeted that "animals representing Hillary Clinton" and the Democratic party were responsible for the attack. Hillary Clinton tweeted that the attack was "horrific and unacceptable" and that she was grateful everyone is safe.

While some supported the bipartisan effort, others opposed to donating money to the party, saying that in North Carolina, the GOP has worked to disenfranchise transgender and black Americans.

"This is a lovely gesture," one person commented on the GoFundMe page, which is now closed to donations. "Decent Americans are outraged by this act of political terrorism and it does help take the sting out of this deplorable act of political terrorism for Democrats to reach out a helping hand."

"Donating to the NC GOP is no act of charity," another person tweeted. "It's giving money to [an] organization hell bent on making the lives of trans people unbearable."

BRIEFS

Woman gives birth on Massachusetts Turnpike

A woman gave birth to a baby boy on the Massachusetts Turnpike on Sunday night with the help of state police, officials said.

Just after 7 p.m., state troopers responded to a call from a Framingham couple who reported that the woman was in labor.

The couple was pulled over on the Mass Pike eastbound near the Allston Brighton tolls at exit 18.

State police arrived on scene as the couple pulled into a parking lot beyond the toll booth. Boston EMS, Trooper Joseph Hilton and Lt. William Nee then arrived to help the woman, who was in labor.

Before EMS could transport the woman to the hospital, she gave birth in the ambulance. The couple and their new baby boy were then transported to Massachusetts General Hospital. The identity of the family wasn't disclosed by police or hospital officials.

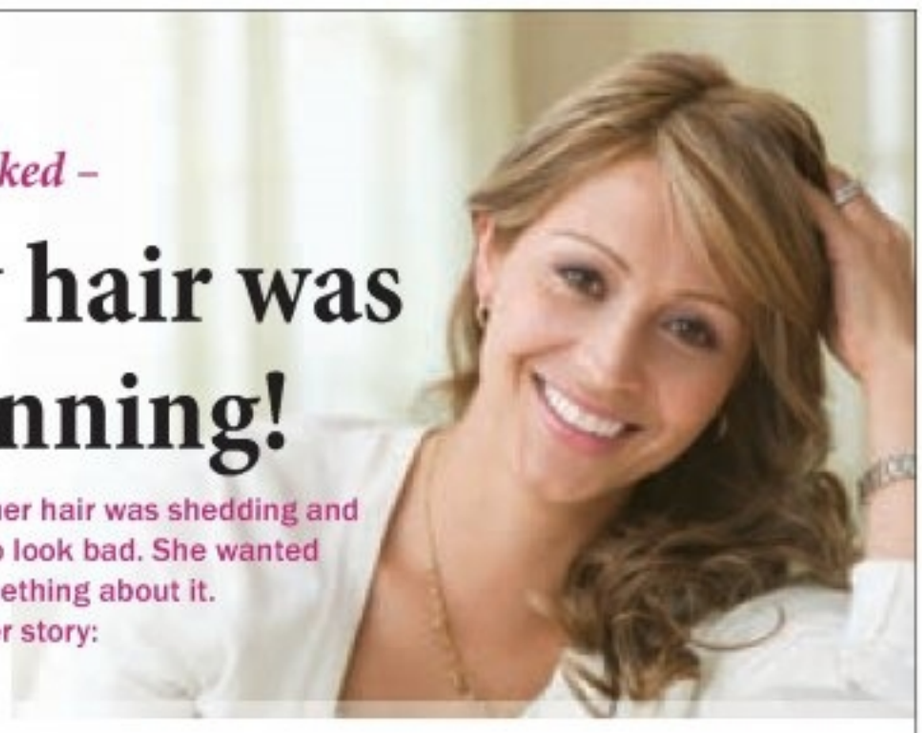
State police said that it was "excellent work by all involved."

KRISTIN TOUSSAINT

The couple in Mass General Hospital with Trooper Joseph Hilton and their new son. MASSACHUSETTS STATE POLICE

I panicked –

My hair was thinning!



Amy felt her hair was shedding and starting to look bad. She wanted to do something about it. Here is her story:

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– Amy, NYC

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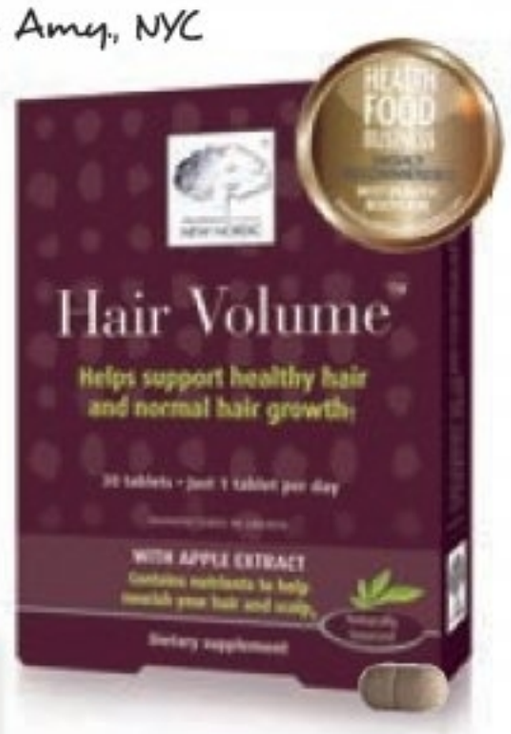

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*Source: www.amazon.com as of 1.1.2016.

Report: Boston gets perfect score for LGBTQ equality

The Human Rights Campaign released its fifth annual Municipal Equality Index on Monday, which rates cities on how inclusive its LGBTQ laws and policies are.

KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

Boston does pretty well at ensuring LGBTQ people are treated equally here, according to the Human Rights Campaign (HRC).

The HRC Foundation on Monday released its fifth annual Municipal Equality Index, which it describes as "the only nationwide rating system of LGBTQ inclusion in municipal law and policy."

The index looks at how cities are taking it upon themselves to protect the LGBTQ community with laws and policies prohibiting discrimination along with making sure everyone has the same access to city services and public accommodations.

Boston received a perfect score, 100 percent, across five categories, as well as 10 bonus points for achievements like having an openly LGBTQ municipal leader (elected or appointed) and for being pro-equality despite more restrictive state laws.

Boston was one of 60 cities, along with Cambridge and Worcester, to earn perfect scores this year, according to the HRC. This is up from 47 in 2015 and 11 in 2012, the first year of the index. The Municipal Equality Index rates 506 cities nationwide.

The average city score was 55 points, according to the HRC. Boston excelled thanks to its transgender-inclusive healthcare benefits, an LGBTQ liaison in the mayor's office, as well as the police department and city resources such as LGBTQ services for youth, homeless and elderly residents.

Deborah Shields, the executive director of MassEquality, an LGBTQ advocacy organization, said that the portrayal was accurate but that there is always room for improvement.

"This city, like other cities, can do a lot better providing services to homeless LGBTQ youth as well as job opportunities for LGBTQ youth in general, and certainly training around bias issues for transgender people," Shields said. "But of course, the mayor's been great, the City Council is fabulous. They've really stepped up."

The index looks at 44 criteria under five broad categories for all cities: nondiscrimination laws, municipal employment policies like transgender-inclusive insurance coverage and nondiscrimination requirements for contractors, inclusiveness of city services, law enforcement and its reporting of hate crimes and municipal leaderships on matters of equality.

"This year, dozens of cities across the nation showed they are willing to stand up for LGBTQ people in their communities even when state governments are not," HRC President Chad Griffin said in a news release. "This builds on a trend we have long observed: that local governments are at the forefront of our fight for equality."

GETTY IMAGES

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Iraq launches Mosul offensive to drive out Islamic State

The Pentagon said that Iraqi forces were meeting objectives and were ahead of schedule on the first day of the offensive.

Smoke billows as Iraqi forces deploy on Oct. 17, in the area of al-Shurah, some 28 miles south of Mosul, while advancing towards the city to retake it from the Islamic State group jihadists. GETTY IMAGES

Iraqi government forces launched a U.S.-backed offensive on Monday to drive Islamic State from the northern city of Mosul, a high-stakes battle to retake the militants' last major stronghold in the country.

Two years after the jihadists seized the city of 1.5 million people and declared a caliphate from there encompassing tracts of Iraq and Syria, a force of some 30,000 Iraqi and Kurdish Peshmerga forces and Sunni tribal fighters began to advance.

Helicopters released flares and explosions could be heard on the city's eastern front, where Reuters watched Kurdish fighters move forward to take outlying villages.

A U.S.-led air campaign has helped push Islamic State from much of the territory it held but 4,000 to 8,000 fighters are thought to remain in Mosul.

Residents contacted by phone dismissed reports on Arabic television channels of an exodus by the jihadists, who have a history of using human shields and have threatened to unleash chemical weapons.

"Daesh are using motorcycles for their patrols to evade air detection, with pillion passengers using binoculars to check out buildings and streets," said Abu Maher, using an Arabic acronym for Islamic State.

He and others contacted were preparing makeshift defenses and had been stockpiling food in anticipation of the assault, which officials say could take weeks or even months. The residents withheld their full names for security reasons and Reuters was not able to verify their accounts independently.

The United States predicted Islamic State would suffer "a lasting defeat" as Iraqi forces mounted their biggest operation in Iraq since the 2003 invasion that toppled Saddam Hussein.

But the offensive, which has assumed considerable importance for President Barack Obama as his term draws to a close, is fraught with risks.

These include sectarian conflict between Mosul's mainly Sunni population and advancing Shi'ite forces, and the potential for up to a million people to flee Mosul, multiplying a refugee crisis in the region and across Europe.

"We set up a fortified room in the house by putting sandbags to block the only window and we removed everything dangerous or flammable," Abu Maher said. "I spent almost all my money on buying food, baby milk and anything we might need." REUTERS

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Brangelina's former bodyguard spills on working for the famous family

ALL PHOTOS GETTY IMAGES

Mark Billingham had one job during his tenure as bodyguard to the family of Brad Pitt and Angelina Jolie: keep them protected. According to a revealing interview with The Sun, Billingham claims he spent so much time with the famous family and their kids that he "fathered them, basically."

Billy, as he is known, didn't dismiss how protective the couple is of their brood. The former Secret Service agent was one of the very few people allowed to take the children places alone. The 51-year-old also discusses not only having to protect the family from physical harm, but also from social mishaps. He kept extra clothes for them in case of spills and assisted with basic things noninternational superstars take for granted, like going to a bar.

And yes, Billy was just as shocked as the rest of the world when he heard about Brangelina's divorce. Maybe *not* quite part of the family, then?

Russell Crowe throws Azealia Banks out of his hotel room

We all hate when someone who wasn't actually invited to the party stirs up trouble. It looks like veteran actor Russell Crowe experienced this late Saturday night during an intimate gathering at his Beverly Hills hotel suite. The rowdy party crasher in question? Azealia Banks.

The rapper tagged along with Wu-Tang's Rza, who was invited to have dinner and listen to music with Crowe and some friends, according to TMZ. Banks laughed at Crowe's music selection and called him and another guest "boring white men." When she was told to chill out, she reportedly went on a tirade that included a gory threat to stab guests in the throat with a broken glass. Yikes!

When Banks cocked back her glass, Crowe sprang into action, grabbing her in a bear hug and carrying her out before calling security to have her removed from the property. For her part, Banks insists she was called the n-word, choked, spit on and thrown out. What a buzzkill.

the word

SESALI BOWEN
sesali.bowen@metro.us

Blac Chyna and Tyga's son gets double the birthday fun

Having divorced parents can be awkward. But it can also mean having twice as much fun, as Blac Chyna and her former fiance, Tyga, proved.

On Saturday, Blac Chyna helped her 4-year-old son King celebrate his fourth birthday with a Ferrari-themed birthday bash, complete with three real Ferraris, several miniature replicas for the birthday boy, Lego play stations and gifts galore. The soon-to-be Mrs. Kardashian documented the party on Snapchat.

Then on Sunday, King had a second birthday party also featuring Ferraris. King's father Tyga threw his own bash at girlfriend Kylie Jenner's house complete with Ferrari horses, a Ferris wheel and cutie North West in a Kylie lip kit.

We'll let the internet decide who did it better. But the question on our minds is: How does someone who can't even reach the pedals yet get so excited about a luxury car brand?

Amy Schumer booed by Trump supporters

Things got heated at Amy Schumer's show in Florida on Sunday.

The comedian invited a Trump supporter onstage in Tampa to ask why he thought The Donald was a better candidate, then threw a few jabs at the business tycoon-turned-media-star-turned-presidential candidate.

That didn't sit well with the Trump supporters in the crowd, who began to boo the 35-year-old actress.

It's surprising there were any Trump supporters in attendance at all, given that Schumer has publicly endorsed Hillary Clinton in the upcoming election. Eventually, Schumer asked the salty audience members to leave or be escorted out, and some 200 people left, CBS reports. That didn't deter Schumer, who still had an audience of about 19,800 to entertain without disturbance, like a boss.

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Neil deGrasse Tyson gives us an unexpected lesson on global warming

New episodes of his TV show, "StarTalk," air on Mondays at 11 p.m.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

Whether you're an astrophysicist like Neil deGrasse Tyson or not, "StarTalk" will pique your interest in science. Now in its third season on the National Geographic channel, the series makes science accessible to everyone, featuring a range of guests from every corner of pop culture. We got to chat with Tyson about the show's beginnings, the importance of science literacy in everyday life and even get an unexpected science lesson about global warming.

This new season has been fantastic. I had no idea Whoopi Goldberg was such a "Star Trek" fan.

Well, that's the thing: It's a geek safe space. When in other interviews, the people might not come out [as a geek], but with me they almost confess. Like, "I memorized 30 digits of pi when I was in the sixth grade."

Dr. Tyson gave his first professional lecture at age 15. CHRIS CASSIDY

So I read that you had an early start — even giving lectures at age 15.

Yeah, my first "professional lecture" where I was paid, I was 15 at a college in New York. I think it was one of their extension schools where adults go back and learn more. Every college has one of these but are called different things. So I gave a talk to adults and I did it. And then they sent me a check in the mail and I was like, "Whoa!" And I felt kind of cheap. It was like, "Wait a minute — I didn't sweat. I didn't toil. I didn't struggle. I was just describing the universe." It's like asking someone how many cushions are on the couch in their living room. [Pause] And it was $50, in case you wanted to know. But I had just turned 15, it was 1973 and it was an infinite amount of money.

Your show is making science accessible to all. How can knowledge of science improve the lives of everyday people?

Think of it as science literacy, not as science. Science literacy is not so much a body of knowledge as it is as a means or method of asking questions.

Interesting.

If someone says, "Why do you think humans are causing the warming of the planet?" Rather than saying we are and rather than saying we're not, you ask what is behind that. And then you can say, "Well, we studied migration patterns of animals and it is slowly changing because their habitats are warming sooner than they once did. We also see an increase in mosquitoes because the winters are not as cold, which normally keeps down their population in the spring, but now they're coming back with vengeance. We see this in the records of temperatures that are frozen into the layers of snow in glaciers." And they say, "Oh my gosh, that's interesting. And when did that all begin?" "That all began in the 1800s." "Well, what happened?" "That's when we started pulling fossil fuels out of ground and burning them." "Well what's wrong with burning them?" "Carbon dioxide is a by-product of this and in the lab you can see that carbon dioxide traps heat. It traps heat wherever it is." "Do you have any examples of this?" "This atmosphere is 100 percent carbon dioxide and thick." "Oh, well, what temperature is it?" "It is 900 degrees Fahrenheit. That is hotter than a pizza oven."

That's the clearest explanation of global warming I've ever heard.

Yeah, so now you do what you want. I just told you what the scientific community says. I am not going to tell you how to vote or what to think. But I'll try to empower you how to think because thinking about data is part of what makes, not only an enlightened person, but it makes a responsible citizen in a free democracy.

The next episode of "StarTalk" airs on Monday, Oct. 24, on the National Geographic Channel.

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DAVE HOGAN/HULTON ARCHIVE/GETTY IMAGES

If you ever wish your "Thriller" dance moves could transcend what you've learned from watching the video at home, this Halloween weekend may finally hold you chance. Equinox will host its ninth annual Heroes and Villains party at the Dartmouth Street location on Saturday, Oct. 29, with this year's theme honoring the late, great Michael Jackson. Both members and nonmembers can join in on the 60-minute class where Equinox instructors Chad Flahive, Kristy DiScipio and Shandell Raposa will guide participants of all levels through the iconic dance choreography.

The only catch? They'd like for you to come in costume — your favorite hero or villain, please.

Previous years have enticed crowds ranging from 80 to 120, so expect a fulfilling zombie-fied experience. The class will be followed by light refreshments and Halloween treats — though we suspect they're on the healthier end of the spectrum.

If you go

Oct. 29 at 12:05 p.m.
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They love the '90s

Sarah Paulson and Mark Duplass talk "Blue Jay" and crying to the Gin Blossoms.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

In the indie dramedy "Blue Jay," Mark Duplass and Sarah Paulson have great chemistry as Jim and Amanda, high school sweethearts who reconnect some two decades later. And the actors have great chemistry in person, too. They're prone to joke around, interrupt each other and — because the movie is steeped in jokey '90s nostalgia — sing. They manage to break out Barenaked Ladies, Shawn Colvin and Extreme, in between talking about the fun — and sad — aspects of their new film.

I feel like we could spend this entire interview reminiscing about the '90s. I used to listen to Bush.

Mark Duplass: If you go to the early- to mid-'90s, you find me at Lilith Fair, grooving to Shawn Colvin.

Sarah Paulson: She's my favorite ever. She's really, really a genius. I think she's the Joni Mitchell of [her day]. I drove to some tiny town in Pennsylvania, and it was rained out. And she came out and played for those of us who stayed, because everyone left.

Duplass: The other night my friend Julian [Wass], who did the music for "Blue Jay," we jammed together over our melancholy and just oversensitivity to life in general. We put on Gin Blossoms and listened to "Hey Jealousy," and really felt that song. The guy who wrote it ended up committing suicide. What's so amazing is it's covered in grungy guitars and it's upbeat, but then you listen to the lyrics and go, "Oh my God …" It says, "All I really want is to be with you, feeling like I matter, too." We just drove around and cried listening to the Gin Blossoms. So you can see where "Blue Jay" may have come from. [Laughs]

The movie is sad but also very funny. Or rather, the characters laugh about things that eat them up inside, almost like a defense mechanism.

Duplass: When you watch it theatrically, I think it plays more funny. If you're at home, snuggled up with some Thai food and wine and someone you love, it plays a little more like a drama. That's not dissimilar from some of my movies: Some of the comedy is awkward and you almost need permission to laugh from other people. But Sarah and I see at least some of the elements of the world in the same way: We see darkness, we see sadness; we're able to cry with it but then giggle about it the same time.

I wanted to ask about the improvisation, especially since, Sarah, you haven't done it as much as Mark has.

Paulson: It was scary. I like a script. I like to be able to hold onto what I learn about a character on page 24, then apply that to page 76. I like coming to an end point, to know what the journey is. It makes me feel secure. This was just flapping in the breeze.

GETTY IMAGES

Sarah Paulson and Mark Duplass play high school sweethearts who run into each other and spend the night reconnecting in "Blue Jay," now on VOD. ALEX LEHMANN

Big design for the *little ones*

Kid stuff for the well-curated home.

TINA CHADHA

Stokke Limited Edition Tripp Trapp

Fancy chairs aren't just for adults. To celebrate the production of its 10 millionth Tripp Trapp high chair, Stokke is releasing a limited-edition collection today that could get design enthusiasts considering a new edition to the fam. Perfect for parents who balk at the sight of bright plastic furniture, the new styles — made with either a chic white or black oak wood and trendy rose-gold and steel hardware — give the iconic design a high-end makeover. Even more alluring: Only 4,000 chairs will be available globally. Parents-to-be, update your baby registry STAT.

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Love Mae five-piece bamboo dinner set

We've been admiring Love Mae's gorgeous bamboo dinnerware for quite some time and are so excited the Australian brand has finally made its way to the U.S. For local stockists, visit: lovemae.com.au

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Wolfum Deco Push Toys

Wolfum prints bold patterns directly on birch wood to create these artful push toys that you won't mind leaving out when company comes over.

$40-$44, WOLFUM.COM

Minnetonka x Free Range Mama moccasins

What's cuter than chubby little baby feet in moccasins? Chubby little baby feet in moccasins hand-painted by Free Range Mama, that's what. Since 2012, designer Lindsay Stewart has been painting whimsical designs on moccasins she sells in her Etsy store. Now she's partnered with Minnetonka Moccasin Co. for an exclusive infant collection. We can hear the "awwwws" now.

$45, MINNETONKAMOCCASIN.COM

Blu Dot Bumper ottomans

It's hard having nice furniture with little ones around, but Blu Dot's mix-and-match Bumper ottomans are the perfect blend of function, safety and cool design. The pieces — which act as seating, side tables or makeshift playground equipment — are made of soft felted wool upholstery and come in fun geometric shapes and a variety of colors. Go wild.

$143.20-$299, BLUDOT.COM

Wu woos us

Boston Common magazine and Saks Fifth Avenue hosted an event showcasing fashion designer Jason Wu's spring 2017 collection just last week. Known for dressing Michelle Obama for her two inaugural balls, Wu was celebrated for his dreamy gowns and timeless silhouettes. Though based in New York, Wu is familiar with the Boston scene, having attended boarding school in Deerfield.

Michelle Obama's Wu-made inaugural gowns are in the Smithsonian. GETTY IMAGES

Proceeds from the event—10 percent of the sales of Wu's designer duds—went toward the Museum of Fine Arts' fashion council, which funds fashion-related acquisitions at the museum. Wu's value of fashion as art is particularly meaningful to the fashion council.

"Having [Wu] in tow is just fantastic for us. Learning more about his design philosophy and who he is and where he came from is really wonderful," added Michelle Finamore, curator of fashion arts at the MFA. "The fashion scene here is growing by leaps and bounds."

We chatted with Wu about power-dressing, being back in Boston and advice for budding fashion mavens.

Full skirt + fitted bodice
GETTY IMAGES

Tell us a little bit about the event and your new collection.

The event is great because Saks is the exclusive carrier of Jason Wu in Boston and we're really celebrating launching the new spring collection here. We're also doing a little retrospective with my past works. I'm really excited to be here. I went to boarding school in New England, so I actually came here a lot in my childhood.

You designed both of Michelle Obama's inaugural ball dresses, in 2009 and again 2013. Obviously, political fashion has evolved a lot over the past decade. How do you see your role in this evolution?

I'm just really happy that I've been able to play a role in Mrs. Obama's political career, and I feel really honored to have my work in the Smithsonian. I feel great that women feel inspired and empowered by power-dressing, and I think that shows how far we've come as a society and I'm really happy about that.

If you had to pick out three staple silhouettes for any woman, what would they be?

Definitely the fitted shape with a fuller skirt — a lot of ladies are wearing that tonight. A slip dress kind of on a bias cut is very signature for me, and a very sharply tailored pencil dress. CARLY OLSON

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5 Tips for getting ready for the math section of the SAT

Don't let your nerves get in the way of performing well.

LAKSHMI GANDHI
@LakshmiGandhi
lakshmi.gandhi@metro.us

For students who have always feared math class, preparing for a standardized test is the stuff of nightmares.

"It's something we hear about all the time talking with students and their families," says Cailin Papszycki, Kaplan Test Prep's New York area director of SAT and ACT programs. "A lot of students will say 'I'm a great student, but I'm not a great test taker.'"

We asked Papszycki to share what students should do to shake those math-related jitters.

Get ahead on the math portion of the SATs with multiple no-calculator prep sessions. ISTOCK

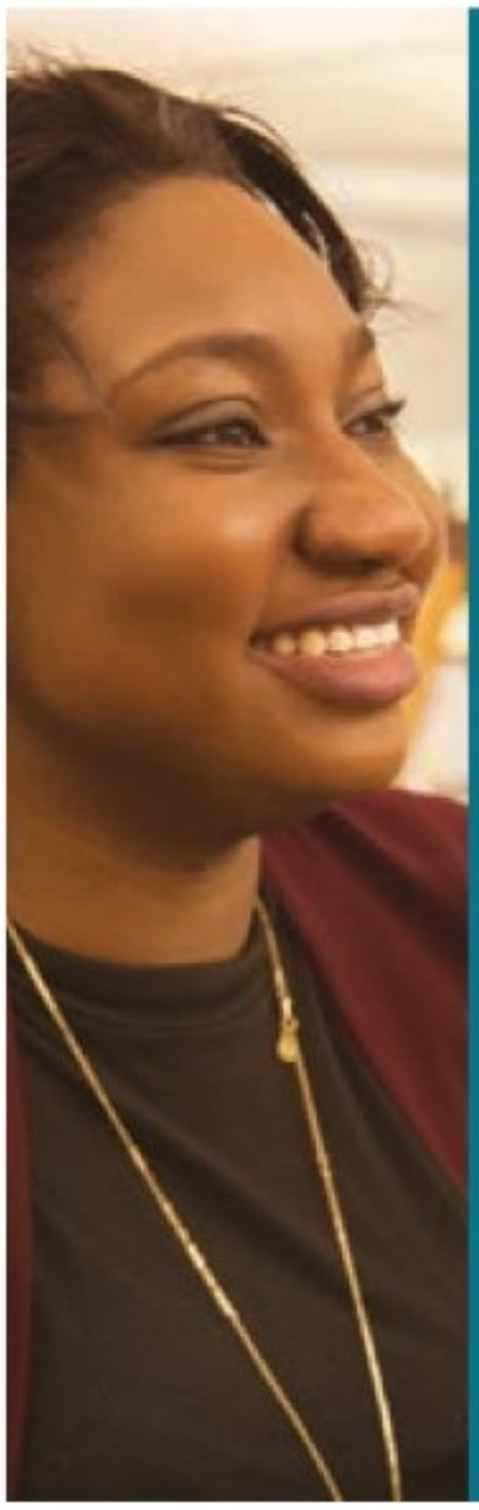
Create a plan of attack

"We always tell students that studying for the SAT is a marathon, not a sprint," says Papszycki. "We then ask, 'What is your study plan going to look like?'"

While students today have to balance a full class load and extracurriculars along with test prep, Papszycki warns that going into the SAT or ACT cold can lead to disaster. Students should begin to create a study plan that tackles the type of math problems they'll encounter on the test a couple of months before they're scheduled to take their exam.

According to Papszycki, students

Continued on Page 12



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Continued from Page 11

often have questions about algebra prep, geometry and getting used to SAT-style word problems the most.

Practice, practice, practice

Once you have a plan mapped out, it's time to figure out what your strengths and weaknesses are. Because the SAT underwent a major revamp earlier this year, some students may be surprised by the new format.

"Students have told us the new math section feels totally different," says Papszycki. "It's important to get familiar with the test. Know what the questions look like and ask yourself, what are the concepts being tested? Go in prepared."

Break up with your calculator

Because most of us always have a smartphone on hand, students today are losing their ability to do equations in their heads. "If they are shopping and there is a discount, everyone just reaches for their phones," notes Papszycki. "They are not used to doing mental math."

Because students aren't permitted to use calculators while taking one of the SAT's two math sections, it's important to brush up on doing equations by hand.

Do a run-through

Once you've gone through as many prep questions as you can, it's a good idea to take a practice test or two. "A lot of parents ask us if their student should take the SAT or the ACT," says Papszycki. "Either is fine."

On Nov. 12, Kaplan is holding a free National Test Day, on which students can take a practice test for free. "One half of the questions will be from the SAT and the other half from the ACT, so students can get a feel for each."

Have everything you need on hand

Cramming the night before the SAT will only stress you out (and may lead to more harm than good). Instead, Papszycki suggests making sure you have everything you need on hand and heading to bed early.

"Are your pencils sharpened? Does your calculator have fresh batteries? You'll also need a photo ID and your test ticket to get into the center," says Papszycki. "Also, make sure you know where your testing center is and what traffic may look like that morning. You don't want to be taken off-guard if your subway line is going to be down that day."

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REMEMBER, PATRIOTS FANS: POOP HAPPENS

Patriots fans are a confident bunch right now with No. 12 back in the lineup. GETTY IMAGES

MATT BURKE

OPINION

Matt Burke is the National Sports Editor and a columnist at Metro US.

Follow him on Twitter @burke_metro

Another week in the NFL gone by, another week in which the Patriots looked like the only NFL team that knew what the hell it was doing on Sunday.

There is some bad football being played in the league this year for sure, but the Pats almost always seem to play a clean, smart game. The Pats' consistency is why they're the clear-cut favorites to win the Lombardi Trophy this coming February.

Being the favorites in October, though, does not guarantee a Super Bowl title. We should know this by now. Just one year ago, people around here were convinced that the Pats were not only going grab Lombardi No. 5 but they were also going to go undefeated. The Pats were 5-0 on Oct. 18 of 2015 and got to 10-0 before the infamous Sunday Night Screwjob in Denver in which Roger Goodell instructed his officials to call ridiculous offensive pass interference penalties on Rob Gronkowski (the only logical conclusion). The Pats were never truly the same after that loss as they fell, at home, to a horrible Eagles team and lost at the Jets, at the Dolphins and at Denver again in the AFC Championship game.

So, it's important to remember: poop happens.

Now, we haven't seen the Patriots at their best just yet this season. The win over the Browns was nice, but it was just the Browns, and the Ben-

gals look like they might be one of the 10 worst teams in the NFL this year. The Patriots should win at Pittsburgh this coming Sunday as they caught a break with Ben Roethlisberger sidelined due to injury and they should win at Buffalo the following week as Bill Belichick typically responds well in Meeting No. 2 when he loses to a division foe in the first matchup of the season.

After the Bills game, the Pats have a bye and then host Seattle. That's a tough three-game stretch for the Pats, before the schedule softens, but one in which they should go at least 2-1.

Who will step up?

A few weeks back in this space, I wrote about the only teams I thought were legit Super Bowl contenders and the list was as long as three: Patriots, Broncos, Vikings. The caveat here was that a few teams would step up along the way and put themselves into the discussion. So, who are the teams I believe could knock off the Pats in January or February now?

Still the Broncos (despite an ugly loss at San Diego last Thursday). Still the Vikings (who are the only undefeated team in the NFL).

I can't promote any team in the AFC right now. The Bills have won four in a row and are fun for the moment, but I can't imagine Tyrod Taylor walking into Foxboro in January and not having a game in which he throws four picks. The Steelers not only lost to the lowly Dolphins on Sunday, but were pounded, 30-15. So no promotion for them either. And the rest of the AFC is a jumbled mess of teams that have the potential to go 10-6.

In the NFC, I'm ready to promote two teams: the Seattle Seahawks and the Dallas Cowboys. Seattle has found its mojo on offense after an awful start as it has averaged 30 points the past three weeks. Oh, and its defense is as good as ever.

As for Dallas, I don't care if the Packers are the worst team in the league — any time you go into Lambeau and blow out Green Bay you are a good team. Dallas is allowing just 17.8 points per game this season and has the most exciting young quarterback — running back tandem in the game. The Cowboys are finally for real.

Jimmy Hayes attacks the net in Toronto this past weekend. GETTY IMAGES

Bruins trying to get everything to click at once

Through three games, there's been plenty of good and plenty of bad when it comes to the Bruins.

Their 6-3 victory over the Blue Jackets in Columbus last Thursday showed what can happen when the offense is clicking as David Pastrnak, David Backes and Brad Marchand all found the back of the net twice. Two nights later in Toronto, however, the B's offense was close to non-existent as Pastrnak tallied the lone Boston goal.

For certain, the B's offense will get a boost with the return of Patrice Bergeron — who will be back for the team's first homestand of the season. Bruins head coach Claude Julien said Monday that Bergeron will practice Wednesday in Boston. Bergeron was the Bruins' most productive offensive player last season, leading the team with 68 points.

The B's home opener will take place Thursday (7 p.m., NESN) against the New Jersey Devils, with two more TD Garden games to follow — against Montreal on Saturday and Minnesota next Tuesday. MATT BURKE

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- Qualified participants will receive routine oral exams and treatment for gum disease – deep scaling

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Unit	049	Higgins, John	Boxes, Bags, Totes, Misc.
Unit	061	Armstrong, Kenneth	Boxes, Bags, Totes, Misc.
Unit	109	Tavares, Kyla	Boxes, Bags, Totes, Misc.
Unit	143	Devine, Tim	Boxes, Bags, Totes, Misc.
Unit	160	Butz, Andrew	Boxes, Bags, Totes, Misc.
Unit	185A	Stallings, Corey	Boxes, Bags, Totes, Misc.
Unit	195	Gallant, Diana	Boxes, Bags, Totes, Misc.
Unit	213	De Pina, Jamila	Boxes, Bags, Totes, Misc.
Unit	284	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
Unit	316	BRENNAN, ALICE	Boxes, Bags, Totes, Misc.
Unit	329	Raymond, Nerla	Boxes, Bags, Totes, Misc.
Unit	415	Lawson, Shawn	Boxes, Bags, Totes, Misc.
Unit	420	Francisque, Yves'laure	Boxes, Bags, Totes, Misc.
Unit	430	Mauras, Giovanni	Boxes, Bags, Totes, Misc.
Unit	440	Rittenberg, Bobby	Boxes, Bags, Totes, Misc.
Unit	469	Gilmere, Leotta	Boxes, Bags, Totes, Misc.
Unit	469C	Santiago, Luis	Boxes, Bags, Totes, Misc.
Unit	506	Quarles, Rochelle	Boxes, Bags, Totes, Misc.
Unit	515	Montrond, Melissa	Boxes, Bags, Totes, Misc.
Unit	5398	Olotu, Oluwakemi	Boxes, Bags, Totes, Misc.
Unit	615	Gussman, Cyndi	Boxes, Bags, Totes, Misc.
Unit	629	Green, Patrick	Boxes, Bags, Totes, Misc.
Unit	643	Novaco, Marc	Boxes, Bags, Totes, Misc.
Unit	650	Andris, Jean	Boxes, Bags, Totes, Misc.
Unit	651	Fitzpatrick, John	Boxes, Bags, Totes, Misc.
Unit	711	Francois, Kettly	Boxes, Bags, Totes, Misc.
Unit	722	Brutuas Bernadotte, Mona	Boxes, Bags, Totes, Misc.
Unit	724	Sheffey, Joel	Boxes, Bags, Totes, Misc.
Unit	745	Galewski, Priscilla	Boxes, Bags, Totes, Misc.

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NOTICE IS HEREBY GIVEN THAT THE UNDERSIGNED WILL SELL AT PUBLIC AUCTION BY COMPETITIVE BIDDING at 9:00 am on 10/26/2016 PS ORANGECO, Inc., 432 Washington St. Weymouth, MA 02188. The personal goods stored therein by the below named occupant (s):

Unit	A030	Presente, Cheryl	Boxes, Bags, Totes
Unit	A033	Tantillo, Anthony	Boxes, Bags, Totes
Unit	A067	Scherber, Will	Boxes, Bags, Totes
Unit	A098	Scherber, William	Boxes, Bags, Totes
Unit	A130	Fleming, Lucas	Boxes, Bags, Totes
Unit	A174	Barrows, Jeffrey	Boxes, Bags, Totes
Unit	A248	Aiken, Helena	Boxes, Bags, Totes
Unit	A321	Celata, Joseph	Boxes, Bags, Totes
Unit	A375	Mahoney, Michael	Boxes, Bags, Totes
Unit	A415	Santos-Reilly, Roberto	Boxes, Bags, Totes
Unit	A437	Deangelis, Angela	Boxes, Bags, Totes
Unit	A456	Golden, Debra	Boxes, Bags, Totes
Unit	A550	Clarke, Donna	Boxes, Bags, Totes
Unit	A556	Canter, William	Boxes, Bags, Totes
Unit	A565	Grace, Cecelia	Boxes, Bags, Totes

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Unit	B048	Paulino, Jerry	Boxes, Bags, Totes, Misc.
Unit	B050	Pires, Sheena	Boxes, Bags, Totes, Misc.
Unit	B052	Wilson, Tamika	Boxes, Bags, Totes, Misc.
Unit	C084	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	C117	Tidd, Michael	Boxes, Bags, Totes, Misc.
Unit	C123	Dinkins, Wendy	Boxes, Bags, Totes, Misc.
Unit	C147	Montgomery, Laura	Boxes, Bags, Totes, Misc.
Unit	C174	Andrews, Brandon	Boxes, Bags, Totes, Misc.
Unit	C180	Eustache, Kania	Boxes, Bags, Totes, Misc.
Unit	C215	Flanagan, Jennifer	Boxes, Bags, Totes, Misc.
Unit	D236	Murphy, Allen	Boxes, Bags, Totes, Misc.
Unit	D288	Johnson, Andrea	Boxes, Bags, Totes, Misc.
Unit	D318	Vaughan, Shawan	Boxes, Bags, Totes, Misc.
Unit	D322	Jarvio, Jason	Boxes, Bags, Totes, Misc.
Unit	D335	Flanagan, Patricia	Boxes, Bags, Totes, Misc.
Unit	D337	Da Costa Neto, Robinson	Boxes, Bags, Totes, Misc.
Unit	D338	Lagarde, Louis	Boxes, Bags, Totes, Misc.
Unit	E348	Mcneil, Tramont	Boxes, Bags, Totes, Misc.
Unit	E363	Mullaney, Sean	Boxes, Bags, Totes, Misc.
Unit	E365	Rogers, Laurie	Boxes, Bags, Totes, Misc.
Unit	E368	Chaplain, Jane	Boxes, Bags, Totes, Misc.

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Unit	A1018	Nascimento, Henrique	Boxes, Bags, Totes
Unit	A1057	Kurtz-Coletti, Shelley	Boxes, Bags, Totes
Unit	A1096	Mcnealy, Gail	Boxes, Bags, Totes
Unit	A1145	Bohn, Jennifer	Boxes, Bags, Totes
Unit	A2025	Turner, Patti	Boxes, Bags, Totes
Unit	A2128	Ron, Payne	Boxes, Bags, Totes
Unit	A2153	Fricker, Mark	Boxes, Bags, Totes
Unit	A2155	Jackson, Sheryl	Boxes, Bags, Totes
Unit	A2183	Chevalier, Diane	Boxes, Bags, Totes
Unit	A2189	Pressey, Nadine	Boxes, Bags, Totes
Unit	A3058	Veliz, Omar	Boxes, Bags, Totes
Unit	A3133	Remes, Meredith	Boxes, Bags, Totes
Unit	A3134	Higgins, Mike	Boxes, Bags, Totes
Unit	A3183	Delcourt, Donna	Boxes, Bags, Totes
Unit	A3187	Sylvester, Ruben	Boxes, Bags, Totes
Unit	A3188	allen, cheri	Boxes, Bags, Totes
Unit	A3208	Reddington, Beth	Boxes, Bags, Totes
Unit	A3211	Veliz, Omar	Boxes, Bags, Totes
Unit	B009	Willey, James	Boxes, Bags, Totes

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Unit	A014	Lamy, Harry	BoxesBags, Totes, Misc.
Unit	A021	Reed, Jennifer	BoxesBags, Totes, Misc.
Unit	B016	Mathieu, Sheila	BoxesBags, Totes, Misc.
Unit	B018	Powell, Angela	BoxesBags, Totes, Misc.
Unit	B021	Diaz, Alexander	BoxesBags, Totes, Misc.
Unit	B023	Austin, Nigema	BoxesBags, Totes, Misc.
Unit	C008	Taylor, Joan	BoxesBags, Totes, Misc.
Unit	C013	Mass Construction & Management, Inc	BoxesBags, Totes, Misc.
Unit	C016	Burton, Yvette	BoxesBags, Totes, Misc.
Unit	E002	Clark, Nicola	BoxesBags, Totes, Misc.
Unit	E029	Wornum, Heyward	BoxesBags, Totes, Misc.
Unit	E032	Robinson, Ann	BoxesBags, Totes, Misc.
Unit	E037	Williams, Johnnie	BoxesBags, Totes, Misc.
Unit	F022	Samaroo, Nyron	BoxesBags, Totes, Misc.
Unit	F025	Jean, Guirlene	BoxesBags, Totes, Misc.
Unit	F027	Pray, James	BoxesBags, Totes, Misc.
Unit	G001	Cooke, Rocheen	BoxesBags, Totes, Misc.
Unit	H039	Fuentes, Hugh	BoxesBags, Totes, Misc.
Unit	H045	Itzkowitz, Mark	BoxesBags, Totes, Misc.
Unit	I018	Bright, Cindi	BoxesBags, Totes, Misc.
Unit	I035	Walker, Brittany	BoxesBags, Totes, Misc.
Unit	I041	Adams, Shawn	BoxesBags, Totes, Misc.
Unit	J005	Pina, Ana	BoxesBags, Totes, Misc.
Unit	J025	Williams, Johnny	BoxesBags, Totes, Misc.
Unit	J034	Joyner, Charlene	BoxesBags, Totes, Misc.
Unit	J041	Mayala, Trisha	BoxesBags, Totes, Misc.
Unit	J062	brown, robert	BoxesBags, Totes, Misc.
Unit	J066	Fredrick, Thelusma	BoxesBags, Totes, Misc.
Unit	K004	Hernandez, Santiago	BoxesBags, Totes, Misc.
Unit	K012	Berberena, Cherry	BoxesBags, Totes, Misc.
Unit	K015	Long, Maureen	BoxesBags, Totes, Misc.
Unit	K020	Okereke-Nwankwo, Chicka P	BoxesBags, Totes, Misc.
Unit	K036	Davis, Eric	BoxesBags, Totes, Misc.
Unit	K046	Elanord, Esperance	BoxesBags, Totes, Misc.
Unit	K050	Phillips, Mia	BoxesBags, Totes, Misc.
Unit	L010	Etienne, Stephanie	BoxesBags, Totes, Misc.
Unit	L015	Daniels, M F Brandey	BoxesBags, Totes, Misc.
Unit	L027	Brown, Tracy	BoxesBags, Totes, Misc.
Unit	L048	Michel, Edwich	BoxesBags, Totes

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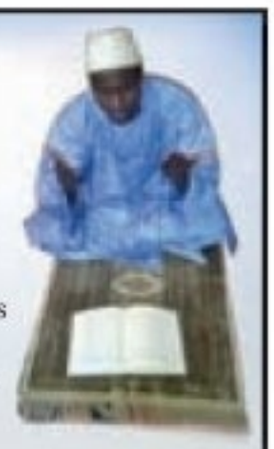

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24 "-- Rheingold"
25 Large green parrot
26 Kind of year
30 Onetime Trevi Fountain coins
32 Earthenware pots
33 Godsends
37 Caboose's spot
38 Titled ladies
39 Summit
40 Hidden agenda (3 wds.)
42 Like gingersnaps
43 Pillages
44 Arctic canoes
45 -- Mahal
48 Some MDs
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50 Chihuahua chums
52 Returned (2 wds.)
57 Rinse off
58 Sourdough strikes
60 Gruff
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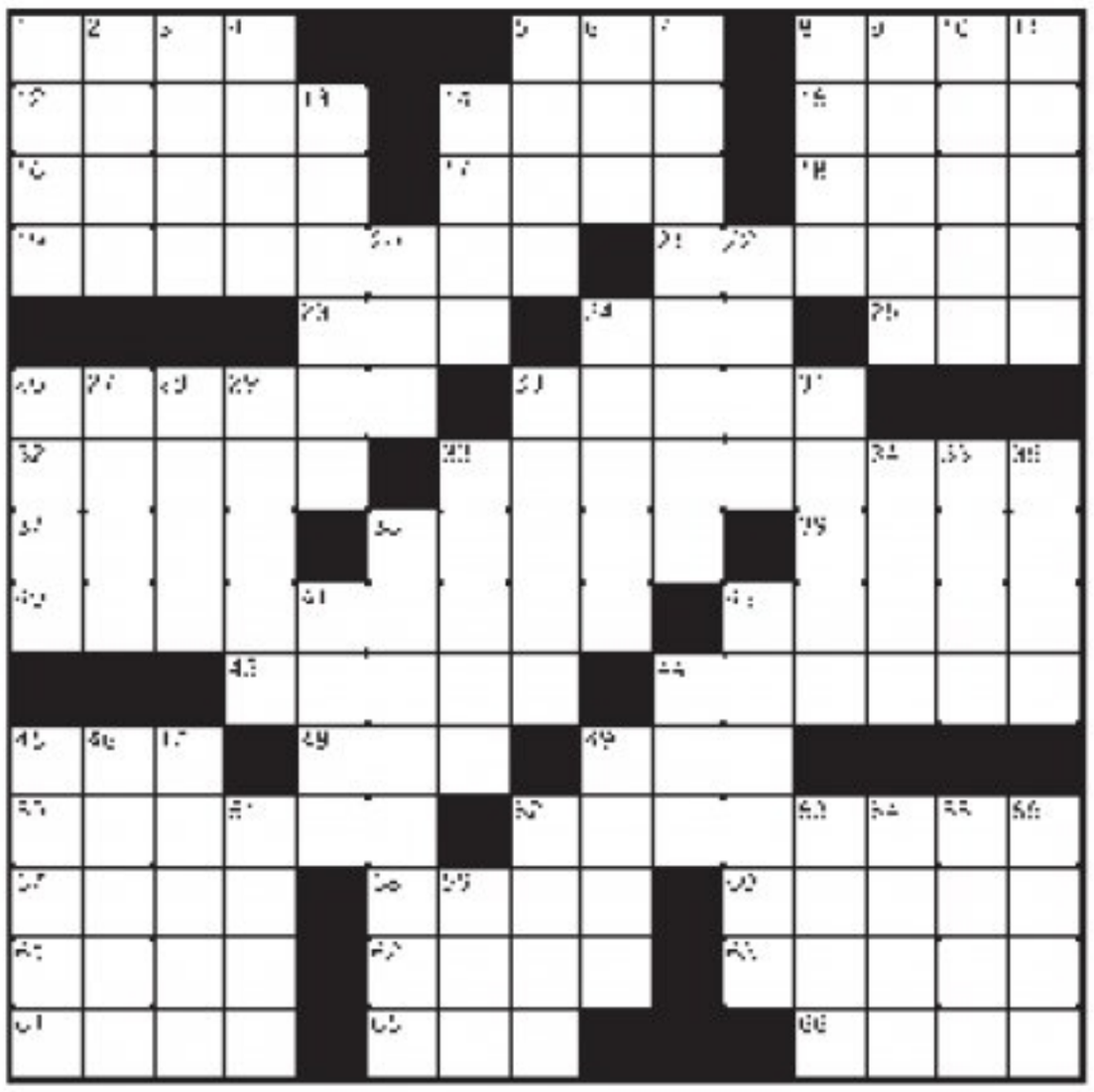
62 Bona --
63 Mary -- Moore
64 Lip, slangily
65 Hostile party
66 Lobby furnishing

Down
1 Q.E.D. part
2 Trillion, in combos
3 Guinness or Baldwin
4 Bit of chain
5 Jorge -- Borges
6 Wood-shaving tool
7 Bird stomachs
8 Hum
9 Cube inventor
10 Mrs. Kramden
11 Harem head of yore
13 Showy lilies
14 Huge hairstyle
20 Sushi fish
22 Mil. branch
24 Enjoyed a repast
26 Town meetings
27 Holly shrub
28 Chair-back piece
29 Wassailers' tune
30 Sketches
31 Maudlin
33 Stands in line
34 Han Solo's love
35 Shortage
36 The -- the limit!
38 Delivers (2 wds.)
41 Disco dancer (hyph.)
42 Least risky
44 JFK lander
45 Gives a lecture
46 Fridge maker
47 Fast-talks
49 Soothe
51 A few thou
52 Yield territory
53 Super deals
54 A Guthrie
55 Musical symbol
56 Sedgwick of the screen
59 "Blame It on --"



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easy

4			3		2	7		
7	5						3	
		6		9				4
		1		6	5		7	
6								5
	3		1	4		8		
1				3		5		
	8						4	9
		7	6		9			2

hard

							1	4
				5		2	7	3
			1			9		
	5			6	9			1
9		6	4	1	3	7		2
1			5	7			4	
		9			7			
6	7	5		4				
2	4							

metro.us/horoscopes

Aries Be receptive to new ideas, but reluctant to follow someone with a bad track record. It's up to you to conduct your due diligence before entering into a partnership.

Taurus Money matters should be dealt with carefully if you want to avoid loss. A physical challenge will help clear your head enough for you to find a unique solution.

Gemini Emotions will surface quickly, leaving you in an awkward position. Nurture important partnerships before the situation spins out of control.

Cancer Gravitate toward the unusual and do things that allow you to use your creativity. Walk away from no-win situations and people who are spoiling for a fight.

Leo Keep emotional matters in perspective and stay focused on what you can do to make things better. Home improvements will lead to personal benefits.

Virgo Test your skills before you go public with a project. Do a little fine-tuning to avoid criticism. Problems with a loved one will surface if you aren't attentive.

Libra Your ideas are interesting. Make sure you pay attention to every little detail to avoid a costly mistake. Rely on your experience and call in experts when in doubt.

Scorpio Discuss important matters with discretion. Giving personal information to the wrong person will come back to haunt you.

Sagittarius Lead the pack instead of standing in the background. Speak up, air your views and don't worry about being opposed by someone jealous of your charisma and skills.

Capricorn Live, learn and experience. It's important not to judge what others do, but to focus on the best way to improve your skills, knowledge and expertise.

Aquarius Money matters can be addressed and contracts can be negotiated. You stand to make gains if you stick to your principles and honor your promises.

Pisces Don't feel pressured to make a decision. Walk away from anyone using emotional blackmail to coerce you into something that doesn't feel right. EUGENIA LAST

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